

**NAMI Western Carolina** will offer its **FREE** Family-to-Family Education Program for family, caregivers, & friends of individuals living with a mental illness. This 12-session Signature Program was designated as [Evidence-Based Practice in 2013 by SAMHSA](#). Classes are taught by trained family member volunteers. Class size is limited. **Pre-registration is required.**

It will be held at a convenient **ASHEVILLE** location on:

**Tuesdays**  
**March 8<sup>th</sup> – May 24<sup>th</sup>, 2016**  
**6:30-9:00 pm**

**The F2F Program offers valuable education and support. Here's what you can expect:**

- Current information about Schizophrenia, Major Depression, Bipolar Disorder, Panic Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder (PTSD), Borderline Personality Disorder, Co-Occurring Brain Disorders and Addictive Disorders.
- Up-to-date information about medications, side-effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- To gain empathy by understanding the subjective, lived experience of a person with mental illness
- To learn problem-solving, listening, and communication techniques in special workshops
- To acquire strategies for handling crises and relapse
- To focus on care for the caregiver; coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

**TO REGISTER:** Contact **Pam Jaillet**, 828-989-2365 or [pamelajaillet@gmail.com](mailto:pamelajaillet@gmail.com)

**NAMI Western Carolina** [www.namiwnc.org](http://www.namiwnc.org) and [info@namiwnc.org](mailto:info@namiwnc.org)